



2009 Spring Program Guide



FRIENDSHIP
CENTER

Family, Fun & Fitness
FOR ALL LEVELS

REGISTRATION BEGINS

Members Only Advanced
Registration (One Day Only)
Monday, March 9

Preschool — Tuesday, March 10

Aquatics — Thursday, March 12

All Others — Tuesday, March 17

Lower Paxton Township Parks and Recreation

5000 Commons Drive
Harrisburg, PA 17112
Phone: 717-657-5635

www.lowerpaxton-pa.gov





WELCOME

TO THE FRIENDSHIP CENTER

The Lower Paxton Township Parks and Recreation Department invites you to be active participants in the many recreational and leisure opportunities offered to all age groups contained within this publication.

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HOURS OF OPERATION

SEPTEMBER 1-MAY 31

Monday-Friday 5:30 a.m. to 10 p.m.
 Saturday 8 a.m. to 9 p.m.
 Sunday 12 p.m. to 6 p.m.

(Subject to change based on usage)

*Pool and Gym schedule available at Service Desk.

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day

New Year's Day, Easter Sunday

Special Hours (6:00 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4, Labor Day

Christmas Eve, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 21)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

MEMBERSHIP AND PASS INFORMATION

ANNUAL MEMBER

(Discounts and Payments)

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Penn Colonial and Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.

2009 Membership Rates

Categories

Youth/Student (13+ OR

Full-Time College Student up to 22 years)

Adult Single (18+)

Adult Couple/Single Parent Family

Family

Senior Single (60+)

Senior Couple

Lower Paxton (1/1/09)

Township Resident

Discount Rate

(\$16.42/mo.) \$197 yr.

(\$38.33/mo.) \$460 yr.

(\$52.17/mo.) \$626 yr.

(\$59.00/mo.) \$708 yr.

(\$26.92/mo.) \$323 yr.

(\$41.83/mo.) \$502 yr.

Regular Rate

(\$17.92/mo.) \$215 yr.

(\$42.33/mo.) \$508 yr.

(\$57.58/mo.) \$691 yr.

(\$65.42/mo.) \$785 yr.

(\$29.50/mo.) \$354 yr.

(\$46.50/mo.) \$558 yr.

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 22 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

\$12 daily before 4 p.m.

\$14 daily after 4 p.m., weekends and holidays.

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.



What Do Members of the Friendship Center receive with their membership?

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 20% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration Day

POLICIES

Please take time to read the Friendship Center policies which are available at the Service Desk. Staff will apply all policies for the benefit and enjoyment of all patrons.

(Policies and Services subject to change)



Special Program Notes

- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ For your convenience, the Parks and Recreation Department has four sessions during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program should simply present their membership card to the service desk for entry into facility.
- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 23)

Friendship Center Specials!

FRIENDSHIP CENTER

Brick Sale — Only \$60⁰⁰

Honor/Remember a Loved One by Purchasing a Brick on the Front Walkway of the Center.

Sale Runs March 2-13

Call 657-5635 (Extension 123)

FRIENDSHIP CENTER MEMBERSHIP REFERRAL MONTH

— MARCH 1-31 —

Here's a chance to bring family and friends to your home away from home — **THE FRIENDSHIP CENTER.**

If you refer a new member during the month of March, you will receive a \$25 gift certificate towards programs or membership.

Must present coupon/member when joining.

See Service Desk for additional information.

Annual Membership Only. Not Redeemable for Cash.

MEMBERSHIP APPRECIATION WEEK

To show our appreciation to the members of the Friendship Center, the staff will host a special week, dedicated to our members, March 2-6. It's a special for you for being so special to us! Watch for details and event schedule.

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

Members of the Center celebrate the first Friday of every month with complimentary Starbucks coffee and bring a friend for free (18+) and enjoy . . .

Friday, March 6 — A leprechaun surprise!

Friday, April 3 — Jelly Beans!

Friday, May 1 — M & M in all colors.

Friday, June 5 — Oranges.

All friends must have photo identification.

SECOND FRIDAY OF EACH MONTH

Everyone welcome to receive FREE body fat testing from 9-11 a.m. and 4-6 p.m.

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

Buddy Bingo Night

Bring a Buddy to play some good old games of Bingo. Admission to the Friendship Center will begin at 5 p.m. Bingo games will be called from 5:30-7:30 p.m. Reserve your seat and cards today. Fee includes 1 Bingo card and an evening of fun! \$5 for Non Members, Members play FREE. Additional Bingo cards can be purchased for \$2/ card. Fun prizes!

Date: Friday, February 27 (#9969)

-OR-Friday, May 1 (#10184)

Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny and go on an egg hunt in the gym! Bring your camera to take a photo! It's a fun-filled morning to share together. Tickets needed for adults who eat. Reservations required, limited space.

Date: Saturday, March 28, 2009, 9 a.m.

Fee: \$7 per person (#9949)

Easter Egg-Stravaganza (Free!)

Mark your Spring calendars for this Eggciting egg hunt co-sponsored by Paxton Area Jaycees and Biting Recreation. Free for children 2-10 years old and children will be divided by age groups to hunt for the candy-filled eggs and prizes! Don't forget your basket. The Easter Bunny will be there too!

Date: Saturday, April 4, 2009, 1 p.m. at Brightbill Park

- **Need Time to Relax?**
 - **Be Yourself?**
 - **Recreate with the Kids?**
- Stay-cation with Us!**
Vacation all Year Long!

In these difficult times where vacations and get-aways are not feasible, the Friendship Center is a great place to spend your time recreating. No initiation fees, low monthly rates, lots of classes, lap and leisure pools, sundeck, gymnasium and so much more! Family, fun and fitness for the entire family!

2009 TGIF Summer Concert Series

The Annual TGIF Summer Concert Series is Free, filling Brightbill Park with great music Fridays in July. Concerts are from 7:00-8:30 p.m. The concerts are made possible by a grant from the Council of Arts of Pennsylvania and local sponsors.

July 10th: LP Variety Band

July 17th: Steven Courtney

July 24th: TBA

July 31st: Howard and the Islanders

Summer Day Camp

Camp is held June 9-August 14 at three locations: Linglestown (5-11 yrs.), Northside (12-14 yrs.) and Paxtonia (5-11 yrs.) Elementary schools. Children must have completed kindergarten and not exceed 8th grade. The camp provides theme-based social and recreational activities for ages 5-14. Weekly fee is \$115 resident and \$120 non-resident. Limited positions. Call 657-5635 for info packet and registration forms.

Summer Playground Program

The Playground Program runs June 15-August 7 from 9 a.m.-12 noon. Preschool programs are open to children 3-5 years at the following locations: Mon. and Wed. — Kohl Park, Tues. and Thurs. — Koons and Brightbill. A \$.50 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri., 9 a.m.-12 noon at Lamplight, Koons and Brightbill Parks. A \$1 craft fee is collected weekly.

One time yearly non-refundable registration fee \$10 payable on first day of attendance.

5th Annual Trash (Can) to Treasure Project



Become a public artist! — Have your work displayed in one of Lower Paxton Township's Parks! Groups and individuals are invited to beautify township parks by transforming plain green barrel trashcans into functional pieces of art. Registration forms due by May 1st. Paint cans from May 13-17th. Limited number of trash cans available, reserve yours early!

PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool registration for those staying in the **same** class will be held Thur. - Thur., Feb. 26 - Mar. 5. Open registration will begin on Monday, Mar. 9 for FC members and Tuesday, Mar. 10 at 8 a.m. for all others. All programs will meet for a **nine week session at the Friendship Center** unless noted otherwise. **Child must have met the minimum age requirement of the class by September 1, 2008.**

Fun For One (Ages 12-24 mos. w/parent)

(Must be age one by Sept. 1, 2008) Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

A. Tues., 9:30-10:30 a.m., Mar. 24-May 19 (#10038)

Instructor: (for A) Gina Y.

B. Fri., 11:00 a.m.-noon, Mar. 27-May 29 (no class on Apr. 10) (#10039)

Instructor: (for B) Kim V.

Fee: \$49R/\$55NR/\$41M

Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts.

Helps build confidence in interacting with others.

A. Tues., 10:45 a.m.-noon, Mar. 24-May 19 (#10040)

Instructor: (for A) Nadzia S.

B. Fri., 9:30-10:45 a.m., Mar. 27-May 29 (no class on Apr. 10) (#10041)

Instructor: (for B) Kim V.

Fee: \$60R/\$66NR/\$50M

Twos Together (Age 2)

(Born before 9/1/06) A special day for twos; activities include crafts, fingerplays and a snack.

Thur., 9:30-11:30 a.m., Mar. 26-May 21

Instructor: Nadzia S.

Fee: \$81R/\$89NR/\$69M (#10042)

Kids Korner!

AGES 1-6 YEARS WITH PARENT

Visit our indoor playground and join the fun!

Mondays & Fridays, 10:30 a.m.-Noon

Program ends April 24 (closed 4/10, 4/13)

\$3 per child, Members ages 1-6 Free!

Exercise Two (Age 2 w/parent) (4 classes)

Beginning exercise activities and moving to the music combine to make this fun for your 2 year old, with some help from Mom or Dad too.

Mon., 10:00-10:45 a.m., Apr. 27-May 18

Instructor: Gina Y.

Fee: \$26R/\$29NR/\$22M (#10052)

Kidzdance w/Sara (Ages 3-5)

Children will love this introduction to the world of dance! The classes promote body awareness, gross motor skills and individual expression through creative movement and dance techniques.

Wed., 1:00-1:45 p.m., Mar. 25-May 20

Fee: \$96R/\$101NR/\$80M (#10044)

Morning Fun Time (Ages 2½-3)

(Born before 3/1/06) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too!

Mon./Wed., 9:30-11:30 a.m., Mar. 23-May 27 (No class on Apr. 13 and May 25)

Instructor: Mary C.

Fee: \$173R/\$183NR/\$146M (#10045)

Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thur., 9:30 a.m.-noon, (#10046)

B. Tues./Thur., 1-3:30 p.m., (#10047)

Dates: Mar. 24-May 21

Instructor: Elaine P.

Fee: \$208R/\$218NR/\$176M

Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities. Meets 3 times a week during school year.

A. Mon./Wed./Fri., 9:30 a.m.-noon, Mar. 23-May 29

(No class on Apr. 10, Apr. 13, May 25) (#10048)

B. Tue./Wed./Thu., 1-3:30 p.m., Mar. 24-May 21 (#10049)

Instructor: Nadzia S.

Fee: \$297R/\$307NR/\$253M

Baby Sign Language (3 mos.-18 mos.) (6 classes)

Course for parents to learn sign language with their children for good communication.

Dates: Fri., 10:45-11:30 a.m., Apr. 3-May 15

Location: Friendship Center, Room 112

Fee: \$48R/\$51NR/\$40M (#10282)

PRESCHOOL/YOUTH ACTIVITIES

FALL 2009 PRESCHOOL EARLY REGISTRATION

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (#10028)

Fee: \$139R/\$149NR/\$117M

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (#10026)

B. Tue./Thu., 1:00-3:30 p.m. (#10027)

Fee: \$167R/\$177NR/\$141M

Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (#10030)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (#10029)

Fee: \$239R/\$249NR/\$203M

A \$25 (non-refundable) deposit is due at time of registration. Registration for returning students begins at 8 a.m. February 10 (FC members); February 12 (non-members); and March 2 for new students.

For details call 657-5635, ext.112

Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes)

Yoga can be fun to do with your toddler. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Bring yoga mats.

Session I: Thurs., 10:15-11 a.m., Apr. 2-May 7 (#10168)

Session II: Thurs., 10:15-11 a.m., May 14-June 18 (#10169)

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$58M

Smurfs Soccer Clinic (Ages 3½-5) w/Ricardo (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Some parent participation expected. Must be age 3 as of 9/1/08.

A. Tues., 5:15-6 p.m., Mar. 24-Apr. 14 (#10035)

B. Tues., 6:05-6:50 p.m., Mar. 24-Apr. 14 (#10032)

D. Tues., 5:15-6 p.m., Apr. 28-May 19 (#10033)

E. Tues., 6:05-6:50 p.m., Apr. 28-May 19 (#10034)

Location: Friendship Center, Gym #3

Fee: \$45R/\$48NR/\$38M

Tae Kwon Do for Tots (Ages 4-5) (6 classes)

Develop coordination, motor skills, listening skills, focus, leadership, following directions and fun discipline.

Dates: Thurs., 10-10:45 a.m., Apr. 2-May 7

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$32R/\$37NR (#10142)

T-Ball Clinic (Ages 3-6) (6 classes)



Learn the basic skills of the sport.

Dates: Thurs., 4:30-6 p.m., Apr. 2-May 7

Location: Friendship Center, Gym #3

Fee: \$113R/\$118NR/\$95M (#10235)

Baton Twirling (Ages 3-5) (8 classes)

Learn the basics of twirling. Have fun and improve eye hand coordination, memory, flexibility, following directions and team work.

Dates: Fri., 9:30-10:15 a.m., Apr. 3-May 29

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M (#10173)

Child Runway w/Fashion Mystique Modeling & Beauty Salon (Ages 4-6) (4 classes)

Learn the fundamentals of runway/or pageant preparation including proper posture, projection and three basic turns.

Dates: Weds., 5-6 p.m., Apr. 1-Apr. 22

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10299)

Intro to Tae Kwon Do (Ages 5-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., Mar. 31-May 5

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#10141)

Starters Soccer Camp w/Ricardo (Ages 3½-6) (4 classes)



Outdoor instructional clinic with age-appropriate skills, drills and games. Water bottle included.

A. Tues./Thur., 5:15-6 p.m., June 9-18 (#10058)

B. Tues./Thur., 6:05-6:50 p.m., June 9-18 (#10059)

Location: Friendship Center, Field #1

Fee: \$57R/\$60NR/\$48M

Pee Wee Golf (Ages 4-7) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sun., 12-12:30 p.m., May 3-31 (#10202)

Sat., 12:30-1 p.m., May 30-June 20 (#10203)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Pee Wee Tennis (Ages 5-7) (4 classes)

A. Sat., 9:15-10 a.m., May 2-23 (#10163)

B. Sat., 9:15-10 a.m., June 6-27 (#10164)

Location: Brightbill Park

Fee: \$36R/\$39NR

YOUTH AND TEEN

Roller Skating (Ages 5+) (6 classes)

Learn to roller skate. Class includes lesson/instruction, skate rental and participant's practice time (additional time after lesson during open skate time).

Dates: Wed., 5-6:15 p.m., Apr. 1-May 6 (#10193)

OR-Sat., 11 a.m.-12:15 p.m., Apr. 4-May 9 (#10194)

Location: Wheelz Of Fire Skating Rink, 7500 Derry St.

Fee: \$65R/\$70NR

Baton Twirling (Ages 6+) (8 classes)

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Ages 6-9: Weds, 4:30-5:15 p.m., Apr. 1-May 27 (#10170)

Ages 10-12: Weds, 5:15-6 p.m., Apr. 1-May 27 (#10171)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$45M

Doodle Art (Ages 6-8) (4 classes)

Make face paint, create a funny mask, make a puppet and get into clay in this active art class. Something new and fun each week.

Dates: Thurs., 4-5 p.m., Apr. 30-May 21

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (#10268)

Under The Sea (Ages 6-8) (4 classes)

Explore waves, bubbles, water, sand, shells, whales, turtles and sharks through imaginative arts/crafts activities. Discover what sinks and floats, learn how sand is made, make shark tooth necklaces, and try out sand painting. Dive into the fun!

Dates: Thurs., 4-5 p.m., Apr. 2-23

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (#10269)

Squirts Soccer Clinic w/Ricardo (Ages 6-10) (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Small-sided intramural league focused on fun.

A. Tues., 6:55-7:40 p.m., Mar. 24-Apr. 14 (#10036)

B. Tues., 6:55-7:40 p.m., Apr. 28-May 19 (#10037)

Location: Friendship Center, Gym #3

Fee: \$45R/\$48NR/\$38M

Strikers Soccer Camp w/Ricardo

(Ages 7-10) (4 classes)

Outdoor instructional clinic with age-appropriate skills, drills and games. Water bottle included; bring shinguards.

Dates: Tues./Thur., 6:55-7:40 p.m., June 9-18

Location: Friendship Center, Field #1

Fee: \$57R/\$60NR/\$48M (#10055)

Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

Dates: Wed., 4:15-5:15 p.m., Apr. 1-May 6

Location: ABC Bowling Lanes, Locust Lane

Fee: \$35R/\$40NR (#10192)

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, 1-2:30 p.m., March 21

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#10270)

Jr. Beginner Tennis w/CPTS (Ages 8-10) (4 classes)

Dates: Sat., 10-11 a.m., May 2-23 (#10214)

Sat., 10-11 a.m., June 6-27 (#10215)

Location: Brightbill Park

Fee: \$36R/\$39NR

Jr. Advanced Tennis w/CPTS (Ages 11-15) (4 classes)

Dates: Sat., 11-12 p.m., May 2-23 (#10166)

Sat., 11-12 p.m., June 6-27 (#10167)

Location: Brightbill Park

Fee: \$36R/\$39NR

Junior Golf (Ages 8-17) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 1-2 p.m., Apr. 18-May 9 (#10207)

Fri., 4-5 p.m., May 15-June 12 (#10206)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Learn to Skate Hockey (Ages 5-9)

Four weeks of practice emphasizing fun and skill development for the beginning hockey player. Equipment required. Great starting class.

Session I: Sat., 10 a.m./Tues. 6 p.m., Apr. 25-May 19 (#10182)

Session II: Sat., 10 am/Tues 6 pm, May 30-June 23 (#10183)

Location: George Park In-Line Rink

Fee: \$45R/\$50NR (Includes \$10 USA In-line fee)

Dodgeball Fitness Clinic w/Ricardo (Ages 7-13) (3 classes)

High-cardio workout while playing this PE class favorite.

Ages 7-9: Thur, 5:15-6:00 p.m., Mar. 12-26 (#10056)

Ages 10-13: Thur., 6:00-6:45 p.m., Mar. 12-26 (#10057)

Location: Friendship Center, Gym #2

Fee: \$39R/\$42NR/\$33M

YOUTH AND TEEN (CONT.)

Youth Exercise w/Bentz (Ages 7-12) (8 classes)

General fitness, weight management and sports related exercise consultation. Unique program designed by trainer/P.E. teacher.

Date: Weds. (3-3:30 p.m.) & Sat. (10-10:30 a.m.), Apr. 1-25

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$70R/\$75NR (#10238)

Teen Athletic Enhancement/Peak Performance Conditioning w/Bentz (Ages 13-18) (12 classes)

New and innovative sports conditioning program with professional strength, conditioning coach and FC Personal Trainer.

Dates: Mon., Wed., Fri., 4-4:45 p.m., Mar. 30-Apr. 24

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$100R/\$105NR (#10241)

In-Line Hockey League (Ages 8+)

New this year, Sat. and/or Sun. afternoon games beginning in April. Register as a team or individual. Deadline is March 20 at 5 p.m. Registration forms available at the Parks and Recreation Office.

Divisions:

10 & Under (must be 6), 14 & Under, 17 & Under.

Location: George Park In-Line Hockey

Fee: \$60R/\$66NR/Goalies Free (Must show USA In-Line Membership Card # when registering).

Practice clinics:

Mondays at 5:30 p.m. (12 & under) and Thursdays at 5:30 p.m. (18 & under). Clinics will cover skating, stick handling, shooting. The fee for clinics will be \$5 per person. Call for detailed schedule.

Brightbill Basketball League (Ages 8-17)

Weekday evenings May through August. Deadline for registration of teams or individuals is Friday, April 3 at 5 p.m. Registration forms available at Parks and Recreation Office between 8 a.m.-5 p.m.

Location: Games at Brightbill and Koons Park

Fee: Per player-\$50R/\$55NR

Health & Wellness For Children w/Eileen Badman (Ages 8-15/Families)

The State of Pa. has mandated a health initiative for your children. Learn more on how to implement eating habits in your family. Families welcome.

Date: Monday, March 23, 7-8:30 p.m.

Location: Friendship Center, Room 106

Fee: \$20R/\$23NR/\$18M (#10283)

American Red Cross Babysitting Certification (Ages 11 and up)

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Fri., 6-9 p.m., April 17-May 1, plus date for test and manikins* (#10050) Room 112

B. Sat., 9 a.m.-noon, April 18-May 2, plus date for test and manikins* (#10051) Room 109

***Both A and B class test Fri., May 8, 7-8:30 p.m.**

Location: Friendship Center

Fee: \$52R/\$58NR/\$44M

Small Group Personal Training Sessions w/Karen & Lori (4 sessions)

Personal training in a small group setting for the female athlete.

Dates: TBA

Location: Friendship Center, Fitness Center

Fee: \$78R/\$81NR/\$65M (#10217)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, March 28, 9 a.m.-12:45 p.m. (#10158)

Location: Friendship Center, Room 106

Fee: \$5R/\$8NR/Free to Members! Must pre-register

Biddy Basketball (Ages 5-7) (8 classes)

An instructional program with mini-games each week. Previously part of the Brightbill Program.

Dates: Tues., 6 p.m., June 2-July 21 (#10145)

-OR- Tues., 7 p.m., June 2-July 21 (#10146)

Location: Friendship Center, Gym #3

Fee: \$48R/\$51NR/\$40M (Includes shirt)

Spring Lacrosse Clinic (Ages 6-14) (6 classes)

Learn the technique of stick handling, passing, shooting, cradling and strategy.

Ages: 6-9

Dates: Sat., 1-2:30 p.m., Apr. 4-May 9 (#10248)

-OR- Wed., 5:15-6:45 p.m., Apr. 1-May 9 (#10249)

Ages: 10-14

Dates: Sat., 1-2:30 p.m., Apr. 4-May 9 (#10251)

-OR- Wed., 5:15-6:45 p.m., Apr. 1-May 9 (#10250)

Location: Friendship Center, Gym #3

Fee: \$113R/\$118NR/\$95M

YOUTH AND TEEN

Homeschool Art Blitz w/Janice Radocha (6 classes) NEW

Special program for art requirements. Covers many aspects of art from history to hands on art training. Learn to sketch, draw, transfer, charcoal, pastels, arts and crafts, clay and painting.

Dates: Wed., 10:30-12 p.m., Apr. 1-May 6

Location: Friendship Center, Room 112

Fee: \$77R/\$85NR/\$65M (#10293)



SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.

To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA

**Attn: Therapeutic Recreation Department
2201 S. Queen Street
York, PA 17402**

**For additional information, please go to
www.eastersealscentralpa.org
or contact Alli Morey at 591-7027 ext. 5386.**

"Splash It Up" (All Ages)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

Dates: Thurs., 6-6:30 p.m., April 2-May 7 (#9886)

Thurs., 6:30-7 p.m., April 2-May 7 (#9887)

Thurs., 7-7:30 p.m., April 2-May 7 (#10181)

Location: Friendship Center, Leisure Pool

Fee: \$80 per person

***Hearing impaired swim: see page 18.**

AEROBIC/FITNESS/DANCE

Body Pump (Ages 16+) NEW

New! Exciting! Body Pump comes to the Friendship Center. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-60 min.)

*Mon., 7:30-8:30 p.m., Mar. 30-June 8 (#10155)

Wed., 7:15-8:15 p.m., Apr. 1-June 3 (#10156)

Thurs., 4:30-5:30 p.m., Apr. 2-June 4 (#10150)

Sun., 12-1 p.m., Mar. 29-June 7 (#10148)

Sat., 9:15-10:15 a.m., Apr. 4-June 13 (#10149)

Location: Friendship Center, Room 118 (*East Annex)

Fee: 1/week (60 mins.) — \$44R/\$48NR/\$37M

Dates: (2 days per week) (20 classes-45/60 min.)

Mon./Wed., 5:40-6:30 a.m., Mar. 30-June 8 (#10151)

Fee: 2/week (45 mins.) — \$62R/\$67NR/\$54M

Mon./Wed., 9:30-10:30 a.m., Mar. 30-June 8 (#10153)

Fee: 2/week (60 mins.) — \$79R/\$82NR/\$67M

Location: Friendship Center, Room 118

Dates: (1 day per week) (10 classes-45 min.)

Fri., 5:40-6:30 a.m., Apr. 3-June 12 (#10152)

Location: Friendship Center, Room 118

Fee: 1/week (45 mins.) — \$32R/\$37NR/\$27M

Les MillsTaster Presentation FREE! FREE! FREE!

One day "sampler" class of 4 new potential programs at the Center and its FREE w/Master Trainers!

Sunday, March 22, 2009, 12-2 p.m. (#10278)

Features: Body Combat, Body Attack, Body Flow (bring yoga mat) and Body Jam.

Each form will be 1/2 hour. Participate in all 4 or pick your favorite. Space limited-must preregister!

Zumba™ (Ages 16+) NEW

New! Exciting! A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

Intro to Zumba (Ages 16+) NEW

A one day intro class. Free! Must pre-register. Max: 30.

Date: Tuesday, March 24, 6:30-7:30 p.m. (#10272)

-OR- Thursday, March 26, 6:30-7:30 p.m. (#10273)

Location: Friendship Center, Room 118

Fee: Free to first 30 pre-registrants.

Zumba w/Monica (Ages 16+) (10 classes) NEW

Date: Tues., Mar. 31-June 2, 6:30-7:30 p.m. (#10274)

-OR- Thursday, Apr. 2-June 4, 6:30-7:30 p.m. (#10275)

Location: Friendship Center, Room 112

Fee: \$32R/\$37NR/\$26M

AEROBIC/FITNESS/DANCE

SPINNING & INDOOR CYCLING

Spin and Strength w/Karen (Ages 16+) (20 classes)

Great workout that will make you sweat. If you never tried it before or haven't done it in a while, give it a try.

Dates: Mon./Fri., 9:45-10:30 a.m., Mar. 30-June 8

Location: Friendship Center, Room 115

Fee: \$85R/\$88NR/\$71M (#10108)



Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Wed., 12:15-1 p.m., Apr. 1-June 3 (K) (#10259)

Fri., 5:45-6:30 a.m., Apr. 3-June 5 (K) (#10260)

Sat., 8:15-9 a.m., Apr. 4-June 13 (MJ) (#10262)

Sun., 1:15-2 p.m., Mar. 29-June 7 (MJ) (#10255)

Tues., 5:45-6:30 p.m., Mar. 31-June 2 (MJ) (#10254)

Thurs., 5:45-6:30 p.m., Apr. 2-June 4 (MJ) (#10261)

Fee: 1/week (45 mins.) \$24R/\$28NR/\$20M

Dates: (2 days per week-45 minutes) (20 classes)

Mon./Wed., 6:15-7 p.m., Mar. 30-June 8 (MJ) (#10263)

Tues./Thurs., 5:45-6:30 a.m., Mar. 31-June 8 (MJ) (#10256)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$46R/\$54NR/\$38M

Instructor Code: (MJ) Mary Jo, (K) Kim

Indoor Cycling (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Fri., 8-8:45 p.m., Apr. 3-June 5 (D) (#10265)

Sun., 3-3:45 p.m., Mar. 29-June 7 (D) (#10266)

Fee: 1/week (45 mins.) \$24R/\$28NR/\$20M

Dates: (2 days per week-45 minutes) (20 classes)

Tues./Thurs., 4:30-5:15 p.m., Mar. 31-June 4 (M) (#10227)

Tues./Thurs., 8:30-9:15 p.m., Mar. 31-June 4 (D) (#10224)

Mon./Wed., 5:45-6:30 a.m., Mar. 30-June 8 (D) (#10225)

Mon./Wed., 8:30-9:15 p.m., Mar. 30-June 8 (D) (#10226)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$46R/\$54NR/\$38M

Instructor Code: (D) Darryl, (J) Janeal, (M) Michelle

Endurance Ride w/Kim (Ages 16+)

Take an afternoon spin ride and get a great workout.

Date: Saturday, February 28, 2-4 p.m.

Location: Friendship Center, Room 115

Fee: \$12R/\$15NR/\$10M (#9981)

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Mar. 30-June 8

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (#10126)

Combo w/Kelly and Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Mar. 30-June 8

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (#10107)

Abs, Back & Legs w/Kelly (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., Mar. 30-June 8

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$26M (#10115)

Strength Training w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Tues., 4-4:40 p.m., Mar. 31-June 2

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$27M (#10139)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 10:30-11:15 a.m., Mar. 31-May 7 (#10137)

Session II: Tues./Thurs. 10:30-11:15 a.m., May 12-June 18 (#10138)

Location: Friendship Center, Gym #2

Fee: \$66R/\$71NR/\$56M

Abdominal Toning w/Karen (10 classes)

Exercise specific to toning the core muscles for great looking abs w/trainer; also discussion on "eating" and abs.

Dates: Mon., 9-9:30 a.m., Mar. 30-June 8

Location: Friendship Center, Room 112

Fee: \$45R/\$48NR/\$38M (#10298)

Kickboxing w/Karen (20 classes)

Cardio kickboxing class with focus on form and fun.

Dates: Tues./Thurs. 9:15-10:15 a.m., Mar. 31-June 4

Location: Friendship Center, Room 118

Fee: \$76R/\$81NR/\$64M (#10117)

AEROBICS/FITNESS/DANCE

Salsa Aerobics w/Gina (Ages 16+) (10 classes)

Dance and have fun to Latin rhythms and music. Basic merengue, salsa and bachata. Great workout.

Dates: Thurs., 6-7 p.m., Apr. 2-June 4

Location: Friendship Center, East Annex

Fee: \$32R/\$37NR/\$26M (#10111)

Weight Loss Boot Camp w/Lori & Mary (21 hours)

Two trainers to implement a combination strategy of improved eating, interval exercise and a weight training program for maximum weight loss and body fat reduction.

Session I: Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Apr. 4-May 13 (#10220)

Orientation: Thurs., Apr. 2 at 6:30 p.m.

Session II: Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), May 16-June 27 (#10219)

Orientation: Thurs., May 14 at 6:30 p.m.

Location: Friendship Center, East Annex

Fee: \$220R/\$225NR/\$185M

Boot Camp Express w/Lori & Mary (8 weeks)

Continuation of Weight Loss Boot Camp but will accept others with approval from trainers.

2 Day: Mon./Wed., 6:30-7:30 p.m., Mar. 30-May 20

Location: Friendship Center, East Annex

Fee: \$92R/\$95NR/\$77M (#10297)

3 Day Session I: Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Mar. 30-May 9 (#10295)

3 Day Session II: Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) May 11-June 22 (#10296)

Location: Friendship Center, East Annex

Fee: \$108R/\$113NR/\$90M

Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Fri., 6-6:45 p.m., Apr. 3-June 5

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$27M (#10140)

Step Aerobics (Ages 16+) (10 classes)

Real intense workout for all levels.

Dates: Fri., 9:30-10:30 a.m., Apr. 3-June 5

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$26M (#10276)

Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

Dates: Mon., 6-7 p.m., Mar. 30-May 4

Location: Friendship Center, Room 106/109

Fee: \$50R/\$53NR/\$45M (#10302)

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture.

Dates: Tues., 4:45-5:30 p.m., Mar. 31-June 2

Location: Friendship Center, Room 118

Fee: \$36R/\$39NR/\$30M (#10103)

Basic Hatha Yoga w/Certified Instructors (8 classes)

De-stress and come enjoy a yoga practice that may help you slow/calm down. Explore new postures and techniques in a slow paced class. All levels are welcome.

Dates: Tues., 7-8 a.m., Mar. 31-May 19 (#10143)

OR- Tues., 5:30-6:30 p.m., Mar. 31-May 19 (#10119)

OR- *Tues., 10:15-11:15 a.m., Mar. 31-May 19 (#10120)

OR- Thurs., 7-8 a.m., Apr. 2-May 21 (#10144)

Location: Friendship Center, East Annex, *Room 118

Fee: \$72R/\$77NR/\$60M

Vinyasa Yoga I w/Certified Instructors (8 classes) (All levels)

Enjoy the benefits of a dynamic yoga practice: increase strength, flexibility, endurance, stamina and relaxation. Based on the Ashtanga Vinyasa Yoga sequence of postures. Can be physically/mentally challenging. Bring yoga mat. Moderately strong paced class and students should be in good physical health. All levels.

Dates: Tues., 6:30-7:30 p.m., Mar. 31-May 19

Location: Friendship Center, East Annex

Fee: \$72R/\$77NR/\$60M (#10110)

Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/weight training.

Dates: Tues./Thurs., 5:30-6:15 p.m., Mar. 31-June 4

Location: Friendship Center, Room 118

Fee: \$55R/\$58NR/\$46M (#10109)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., Mar. 31-June 4

Location: Friendship Center, Room 118

Fee: \$64R/\$69NR/\$52M (#10242)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thur., 7:30-8:15 p.m., Mar. 31-June 4

Location: Friendship Center, Room 118

Fee: \$55R/\$58NR/\$46M (#10104)

1-on-1 Mat Pilates w/Terri (6 sessions)

Personal, one-on-one training available. (1/2 hour sessions.)

Dates: By appointment

Location: Friendship Center, Room 112

Fee: \$220R/\$225NR/\$200M (#10135)

AEROBICS/FITNESS/DANCE

New York City Ballet Workout w/ Sara (8 classes) (16+)



Incorporates elements of ballet, pilates, and aerobics (no dance training necessary). A workout program geared to all levels, combining stretching w/strengthening to improve muscle tone, flexibility, cardio stamina/posture.

Dates: Wed., 12:00-12:50 p.m., Apr. 8-May 27

Location: Friendship Center, Room 118

Fee: \$84R/\$89NR/\$70M (#10060)

Core Cut Interval w/ Karen (10 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Dates: Wed., 9:30-10:30 a.m., Apr. 1-June 3

Location: Friendship Center, Gym #1

Fee: \$60R/\$63NR/\$50M (#10116)

Core Cut Intervals w/ Lori & Mary (6 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 5:30-6:30 p.m., Mar. 30-May 6 (#10188)

Session II: Mon./Wed., 5:30-6:30 p.m., May 11-June 22 (#10189)

Location: Friendship Center, East Annex

Fee: \$91R/\$94NR/\$77M

A.M. Weight Loss Boot Camp w/ Karen (21 hours)

Program includes a healthy eating plan, fit testing/weekly weigh-ins, exercise program w/3.5 hours/week with a personal trainer in small group setting. For those with 15+ pounds to lose. Must attend all 3 sessions per week.

Session I: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Mar. 30-May 8 (#10236)

Session II: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), May 11-June 22 (#10237)

Location: Friendship Center, Gym #1

Fee: \$220R/\$225NR/\$185M

Weight Loss Boot Camp Phase II w/ Karen (6 weeks)

For previous participants of Weight Loss Boot Camp. Exercise only program blends interval/strength work with challenging cardio. 1/2 time w/trainers and 1/2 on own. Must attend all class times.

Session I: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Mar. 30-May 8 (#10221)

Session II: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), May 11-June 22 (#10222)

Location: Friendship Center, Gym #1

Fee: \$98R/\$103NR/\$82M

Mat Pilates w/ Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

Dates: Tues., 5:45-6:30 p.m., Mar. 31-June 2 (Code 10106)*

-OR- Fri., 5-5:45 p.m., Apr. 3-June 5 (#10105)

Location: Friendship Center, Room 118, *Room 112

Fee: \$48R/\$51NR/\$40M

Beginner Pilates w/ Terri (10 classes)

Increase overall flexibility, improve posture and core strength. Relaxing and effective. All levels.

Dates: Fri., 4:15-4:45 p.m., Apr. 3-June 5

Location: Friendship Center, Room 118 (#10301)

Saturday Morning Cardio Pump w/ Darryl (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 9:30-10:30 a.m., Apr. 4-June 6

Location: Friendship Center, East Annex

Fee: \$32R/\$37NR/\$26M (#10130)

Weekend Kickboxing w/ Karen & Lori (6 classes)

Start your weekend off with a cardio intense impact kickboxing. Proper form and technique taught — use of gloves and free-standing boxing bags.

Session I: Sat., 8-9 a.m., Apr. 4-May 9 (#10113)

Session II: Sat., 8-9 a.m., May 16-June 20 (#10114)

Location: Friendship Center, Room 118

Fee: \$64R/\$67NR/\$54M

Golden and Great w/ Kim (60+) (10 classes)



Total body conditioning for the active older adult co-ed or those who need to ease back into a training program. Increase muscular strength, endurance, flexibility, agility, balance, coordination and range of movement. Combine cardiovascular and strength exercise, utilizing weights and resistance bands. No complicated choreography. Excellent workout in a great social setting!

Dates: Thurs., 10-11 a.m., Apr. 2-June 4

Location: Friendship Center, Room 118

Fee: \$32R/\$37NR/\$26M (#10277)

The Exclusive "Max Makeover" w/ Bentz

Apply/interview for a spot in the 16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, goals, exercise prescription, nutrition plan, customized exercise DVD, nutrition book and training log.

Date: TBA

Location: Friendship Center

Fee: TBA (#10230)

AEROBICS/FITNESS/DANCE

YOGO w/Mobile Mommy Fitness (6 classes)

Preschoolers/Kindergartners love YOGO classes! Strengthen your relationship w/child and exercise together. YOGO incorporates the body disciplines of Yoga and introduces fitness to your child on the road to a healthy lifestyle. For moms and children, preschool through kindergarten.

Session I: Tues, 9:30-10:15 a.m., Mar. 31-May 5 (#10287)

Session II: Tues, 9:30-10:15 a.m., May 12-June 16 (#10288)

Location: Friendship Center, Room 112

Fee: \$68R/\$71NR/\$58M

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Tues., 7-8 p.m., Mar. 31-May 19 (#10239)

OR- Thurs., 7-8 p.m., Apr. 2-May 21 (#10240)

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR

Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Mar. 30-Apr. 20

Location: Friendship Center, Room 106/109

Fee: \$64R/\$72NR/\$54M per cpl. (#10185)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Mar. 31-June 2

Location: Friendship Center, Room 118

Fee: \$42R/\$52NR/Free to Members! (#10223)

Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$15R/\$18NR/\$12M (#10294)

Monavie - "The Juice" Presentation

A blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

Date: Wednesday, March 25, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#10132)

ADULT SPORTS/LEISURE

Stress: Adapt or Perish w/Dr. Scott LeVan (18+)

Learn about the causes and how to improve your reactions to stress.

Date: Tuesday, March 24, 6-7 p.m.

Location: Friendship Center, Room 106

Fee: Free to public — must pre-register! (#10234)

Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

Education Funding: Tuesday, March 24, 7-8:30 p.m. (#10228)

Financial Concepts 101: Tuesday, April 14, 7-8:30 p.m. (#10229)

Location: Friendship Center, Conf. Room

Fee: \$3R/\$5NR Free to members!

Learning Problems and Hyperactivity w/Dr. Homza (16+)

Family turmoil with children, doing kids homework instead of helping, notes sent home from school?

Looking for a natural solution? Learn truths about ADD and ADHD.

Date: Thursday, March 26, 6-7 p.m.

Location: Friendship Center, Room 109

Fee: Free to public — must pre-register! (#10252)

Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

Dates: Weds., 6-7 p.m., Apr. 1-Apr. 22

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10191)

Advanced Photography w/Fashion Mystique (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

Dates: Weds., 6-7 p.m., Apr. 29-May 20

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (#10190)

The Keys to Great Decorating w/Barbara Tabak

"Save Time, Money and Your Sanity With These Simple Steps." Learn the keys to great decorating w/advice on how to plan and execute a decorating project. Before and after pictures of decorated rooms.

Date: Thursday, March 26, 7-8 p.m.

Location: Friendship Center, Room 106

Fee: \$3R/\$5NR/Free to Members (#10267)

ADULT SPORTS/LEISURE

Self Confidence Women R.O.C.K. w/Avon (16+)

Designed for anyone who is looking for a shot of confidence! How we feel about ourselves affects everything. Get ready to be inspired, laugh and discover the four best strategies for boosting self confidence.

Date: Wednesday, March 25, 6-8 p.m.

Location: Friendship Center, Room 109

Fee: \$3R/\$5NR/Free to members! (#10233)

Pink Ribbon Program™ Breast Cancer Program w/certified instructors (6 sessions)

A post-operative 1/2 hour workout program to enhance recovery from breast cancer surgery. For patients after surgery. Pilates based exercises will help maintain movement in the affected arm and shoulder and are a good follow-up to physical therapy. Lower body exercises are also included. Written doctors release required. One-on-one instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Room 115

Private: \$150R/\$155NR/\$125M (#10160)

Intro to Tae Kwon Do (Ages 16+) (8 classes)

Geared to develop basics of stances, techniques, kicks, blocks and strikes.

Dates: Sat., 11-12:30 p.m., Apr. 11-June 13

Location: Friendship Center, Room 118

Fee: \$36R/\$39NR/\$30M (#10271)

Canine Obedience Level I (6 classes)

Teaching dogs how to sit down, stay, recall from puppies to older canines.

Dates: Thurs., 7:30-8:30 p.m., Apr. 2-May 7 (#10279)

OR- Sat., 10-11 a.m., Apr. 4-May 9 (#10280)

Location: Friendship Center, Room 112

Fee: \$108R/\$111NR/\$90M

Canine Obedience Level II (6 classes)

Take beyond sit down stage-more control of dog. Getting ready for CGC (Canine Good Citizenship).

Dates: Sat., 11-12 p.m., Apr. 4-May 9

Location: Friendship Center, Room 112

Fee: \$108R/\$111NR/\$90M (#10281)



Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

Dates: Wed., 7-8 p.m., Apr. 1-June 3

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (#10161)

Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

Dates: Thurs., 7-8 p.m., Apr. 2-June 4

Location: Friendship Center, Conf. Room

Fee: \$96R/\$101NR/\$80M (#10162)

Adult Tennis w/CPTS (6 classes)

Beginner: For those who never played before. Basic stroke development and game readiness.

Dates: Mon./Wed., 6-7:15 p.m., May 11-June 1 (#10211)

Mon./Wed., 6-7:15 p.m., June 8-24 (#10212)

Intermediate: For those who want to raise their level of play with fast paced drills, situation/match play.

Dates: Mon./Wed., 7:15-8:30 p.m., May 11-June 1 (#10209)

Mon./Wed., 7:15-8:30 p.m., June 8-24 (#10210)

Location: Brightbill Park

Fee: \$53R/\$56NR

"All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$70R/\$75NR/\$65M (#10213)

Summer Volleyball League

Men and Women's Leagues begin late May-August at Koons Park. Men's AA/A/BB on Mons., Women's AA/A Tues., and Women's BB/B on Thurs.

Fee: \$250R/\$290NR per team. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info.

Co-ed SAND Volleyball League

Co-ed Quads Sand League begins in late May at Kohl Park. AA on Monday, BB on Tuesday, and A on Thursday. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info.

Fee: \$45R/\$50NR per person

ADULT SPORTS/LEISURE (CONT.)

Adult Golf w/ Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Sat., 9:30-10:30 a.m., Apr. 4-May 2 (#10243)

Mon., 6-7 p.m., Apr. 20-May 18 (#10244)

Wed., 6-7 p.m., May 20-June 10 (#10245)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Sun., 3-4 p.m., Apr. 19-May 10 (#10198)

Tues., 7-8 p.m., June 2-23 (#10199)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Intermediate: Continue to develop technique.

Dates: Mon., 7-8 p.m., May 4-June 1 (#10196)

Location: Bumble Bee Hollow

Fee: \$65R/\$70NR

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Apr. 1-June 3 (#10123)

-OR- Sat., 8-9:30 a.m., Apr. 4-June 6 (#10124)

-OR- Mon., 7:45-9:45 p.m., Mar. 30-June 1 (#10125)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise.

Call own fouls. Must pre-register!

Space is limited.

Dates: Thurs., 7-9 p.m., Apr. 2-June 4 (#10121)

-OR- Sat., 9:45-11:15 a.m., Apr. 4-June 6 (#10122)

Location: Friendship Center, Gym #2/#3

Fee: \$57R/\$62NR/Free to Members!



Intro to Hockey (16+) (8 classes) NEW

Four weeks of practice working on skill development for the beginning hockey player. Equipment required. Great starting class. Coed.

Session I: Sat., 11 a.m./Wed. 6 p.m., Apr. 25-May 20 (#10231)

Session II: Sat., 11 a.m./Wed. 6 p.m., May 30-June 24 (#10232)

Location: George Park In-Line Rink

Fee: \$40R/\$45NR

Active Adults (60+) Yoga Class (6 classes) NEW

This class will move your whole body through a series of yoga poses — both seated and standing with the help of chair support. It's designed to increase flexibility, balance and range of movement. Breathing exercises help with relaxation and stress reduction.

Dates: Fri., 10:30-11:30 a.m., May 8-June 12

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M (#10187)

GOLDEN & GREAT SENIOR AEROBICS

(see page 13)



HIGHMARK CLASSES

Eat Well for Life (4 classes) NEW

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

Dates: Tues., 10:30-12 p.m., Apr. 7-28

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#10284)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

Discover Relaxation Within I (4 classes) NEW

A program designed to identify and reduce individual stressors through learned relaxation techniques.

Dates: Sat., 11-12:30 p.m., Apr. 4-May 2

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$50M (#10285)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

HOPE (6 classes) NEW

A lifestyle improvement program that focuses on physical activity demonstrations, nutrition information and healthy choices to prevent or manage osteoporosis.

Dates: Tues., 10:30-12 p.m., May 5-June 9

Location: Friendship Center, Room 112

Fee: \$90R/\$95NR/\$85M (# 10289)

Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., Mar. 31-June 2

Location: Friendship Center, Room 109

Fee: \$75R/\$80NR/\$63M (#10186)

Power Layout Scrapbooking w/Michele

Start an album — but never finished? This class will help you complete an album quickly. Includes Power Layout Box. Bring 75-100 photos. Paper and embellishments available for purchase or bring your own.

Deadline to register is 3/24.

Date: Tuesday, 6-9:30 p.m., March 31

Location: Friendship Center, Room 106

Fee: \$44R/\$46NR/\$40M (#10157)

Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is March 17.**

Date: Tuesday, 7-9 p.m., March 24

Location: Friendship Center, Conf. Room

Fee: \$11R/\$14NR/\$8M (#10159)

Painting w/the Impressionists (6 classes) NEW w/Janice Radocha

Learn to paint in the style of the impressionists. Anyone can learn to paint, no experience necessary. Complete 3 paintings on canvas ready to frame and hang! Be part of a group exhibition.

Dates: Wed., 9-10:30 a.m., Apr. 1-May 6

Location: Friendship Center, Room 112

Fee: \$77R/\$85NR/\$65M (#10300)



Friendship Center members and staff touch a family's life. Thank you to all who joined in the effort.

AQUATICS (ALL LESSONS 40 MIN.)

(ALL LESSONS 40 MINUTES)

PLEASE NOTE: AGE IS NOT THE SOLE CRITERIA FOR ENROLLING IN A CLASS.

Parent/Tot I (Ages 3 years & under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

Dates: Tues., 10:10 a.m., Mar. 24-May 12 (#10061)

Tues., 5 p.m., Mar. 24-May 12 (#10062)

Wed., 9:30 a.m., Mar. 25-May 13 (#10063)

Sat., 10:10 a.m., Mar. 28-May 16 (#10064)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Mar. 24-May 12 (#10065)

Tues., 5:40 p.m., Mar. 24-May 12 (#10068)

Wed., 10:10 a.m., Mar. 25-May 13 (#10067)

Wed., 6:20 p.m., Mar. 25-May 13 (#10066)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Mar. 23-May 11 (#10069)

Wed., 10:50 a.m., Mar. 25-May 13 (#10073)

Wed., 5 p.m., Mar. 25-May 13 (#10072)

Thurs., 10:50 a.m., Mar. 26-May 14 (#10070)

Sat., 10:50 a.m., Mar. 28-May 16 (#10071)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Angel Fish I (Ages 4 and up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Mar. 23-May 11 (#10074)

Mon., 5:00 p.m., Mar. 23-May 11 (#10075)

Tues., 6:20 p.m., Mar. 24-May 12 (#10076)

Thurs., 9:30 a.m., Mar. 26-May 14 (#10077)

Sat., 8:50 a.m., Mar. 28-May 16 (#10078)

Sun., 12:10 p.m., Mar. 22-May 17 (#10079)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

CHILD MUST HAVE MET THE MINIMUM AGE REQUIREMENTS BY THE FIRST DAY OF CLASS.

AQUATICS (ALL LESSONS 40 MINUTES)

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Mar. 23-May 11 (#10084)

Tues., 9:30 a.m., Mar. 24-May 12 (#10081)

Wed., 5:40 p.m., Mar. 25-May 13 (#10080)

Thurs., 5 p.m., Mar. 26-May 14 (#10082)

Sat., 9:30 a.m., Mar. 28-May 16 (#10083)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Mar. 23-May 11 (#10094)

Thurs., 10:10 a.m., Mar. 26-May 14 (#10095)

Thurs., 5:40 p.m., Mar. 26-May 14 (#10096)

Sun., 12:50 p.m., Mar. 22-May 17 (#10097)

Location: Friendship Center, Rec. Pool

Fee: \$59R/\$66NR/\$49M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Mon., 5:40 p.m., Mar. 23-May 11 (#10091)

Thurs., 6:20 p.m., Mar. 26-May 14 (#10092)

Sun., 1:30 p.m., Mar. 22-May 17 (#10093)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Mar. 26-May 14 (#10090)

Sun., 2:10 p.m., Mar. 22-May 17 (#10089)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:30 p.m., Mar. 26-May 14 (#10088)

Sun., 2:50 p.m., Mar. 22-May 17 (#10087)

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7 p.m., Mar. 26-May 14

Location: Friendship Center, Lap Pool

Fee: \$59R/\$66NR/\$49M (#10098)

Hearing Impaired Learn to Swim (Ages 6+) (8 classes)



Learn the basic strokes of swimming. Classes are signed ASL.

Dates: Thurs., 7 p.m., Apr. 2-June 4

Location: Friendship Center, Leisure Pool

Fee: \$59R/\$66NR/\$49M (#10253)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$138R/\$158NR/\$130M (#10085)

***Group-Private (class of 4):** \$90R/\$95NR/\$75M per person (#10247) (*must register as group.)

***Semi-Private(max two):** \$185R/\$220NR/\$180M (#10086) (*siblings only!)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Mar. 24-May 12 (#10133)

Fri., 1 p.m., Mar. 27-May 15 (#10134)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

Friendship Center Masters Swim Team (18+) (30 classes)

Requirements: be able to swim 2-3 competitive strokes.

Fun, Fitness and Friendly Competition! This new program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Participation in swim meets is optional.

Dates: Mon./Wed./Fri., 5:30-7 p.m., Mar. 30-June 8

Location: Friendship Center, Lap Pool

Fee: \$90R/\$100NR/\$75M (#10303)



AQUACISE

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, March 21, 1-2:30 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#10270)

Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Mar. 31-June 4

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (#10100)

Keep It Movin'! w/Jen/Emily (20 classes)

Dates: Tues./Thurs., 6-7 p.m., Mar. 31-June 4

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (#10102)

A.M. Aqua Pump w/Darryl (20 classes)

Start the week off with a brisk aqua power workout. Get ready for the week. Tone, re-shape, get the heart pumping. Fun and Safe! Bring aqua shoes/sneakers.

Dates: Mon./Wed., 6:35-7:35 a.m., Mar. 30-June 8

Location: Friendship Center, Therapy Pool

Fee: \$64R/\$69NR/\$52M (#10127)

Shallow Water w/Sybil (20 classes)

This workout will get you moving and burning extra calories while having fun.

Dates: Mon./Wed., 6:30-7 p.m., Mar. 30-June 8

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M (#10176)

Deep Water Walkers w/Sybil (20 classes)

Participants encouraged to wear swim fins but not required. Burn more calories in less time without stress on your body.

Dates: Mon./Wed., 6-6:30 p.m., Mar. 30-June 8

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M (#10175)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Mar. 30-June 8

Location: Friendship Center, Lap Pool

Fee: \$64R/\$69NR/\$52M (#10099)

Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

Dates: Mon./Wed./Fri., 10:45-11:45 a.m., Mar. 30-May 29

Location: Friendship Center, Therapy Pool

Fee: \$84R/\$87NR/\$70M (#10101)

Aquawave Fit w/Darryl (20 classes)

Uplifting, low-impact, quick pace and invigorating to work legs/muscle groups. Aqua equipment used. No stress on joints. All levels welcome.

Dates: Tues./Thurs., 7:15-8:15 p.m., Mar. 31-June 4

Location: Friendship Center, Therapy Pool

Fee: \$64R/\$69NR/\$52M (#10128)

AquaWave "All Over Body Tone Workout" w/Darryl (10 classes)

Various forms of fitness to re-shape and tone muscle groups using different forms of fitness such as yoga, pilates, weight training and resistance training.

Dates: Fri., 6:15-7:15 a.m., Apr. 3-June 5

Location: Friendship Center, Therapy Pool

Fee: \$32R/\$37NR/\$26M (#10129)

Aquawave Fitness Energy Pump w/Darryl (10 classes)

Work, shape and tone all major muscles through low to moderate intensity movements. Bring aqua shoes or sneakers.

Dates: Sat., 8:15-9:15 a.m., Apr. 4-June 6

Location: Friendship Center, Therapy Pool

Fee: \$32R/\$37NR/\$26M (#10131)

LOOKING FOR SOMETHING TO GET YOU OUT OF THE HOUSE?

The Friendship Center is looking for mature, responsible people to lifeguard. If you are a stay at home parent and need something to do while the kids are at school or a retiree and need to keep busy between trips, get your lifeguard certification and call the Friendship Center!



FRIENDSHIP CENTER HIGHLIGHTS

GIFT CERTIFICATES AVAILABLE!

Programs, Trips & Membership — ALL KINDS OF FUN THINGS! Treat your friends and family to the gift of Friendship!

FINANCIAL ASSISTANCE GRANT PROGRAM - SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

PERSONAL TRAINING

Bentz, Dave, Karen, Ursula certified fitness professionals for personal training.

Fee:

\$42 Member/\$47 Non-Member (per hour)
\$29 Member/\$34 Non-Member (per 1/2 hour)

New Buddy Training System (2 people w/trainer)

Fee:

\$32 per Member/\$37 per Non-Member (per hour)
\$23 per Member/\$28 per Non-Member (per 1/2 hour)

New "6 pack" training card (purchase 6 at one time)

Fee:

\$168 Member/\$198 Non-member (per 1/2 hour)
\$246 Member/\$276 Non-member (per hour)

Call 657-5635 for more information.



MASSAGE THERAPY NOW AVAILABLE

NEW MASSAGE LOCATION AT THE FRIENDSHIP CENTER



Doria Walsh, CMT



Tiffany Smith, CMT



Andrew Thompson, CMT

Take time to relax . . .

By appointment only! Call today!
Spaces fill quickly.

DO YOU HAVE QUESTIONS ABOUT WELLNESS?

OUR WELLNESS COACH IS HERE FOR YOU!

Mary Jo can give you a tutorial on fitness equipment or answer any questions you may have about fitness, weight training, nutrition, stress reduction, cardiovascular exercise, or anything else related to fitness.



Mary Jo

SET UP A FREE APPOINTMENT TODAY.
FRIENDSHIP CENTER MEMBERS ONLY.

ATTENTION SENIORS — The Friendship Center is now participating in the Medicare Forever Fit program for seniors. Forever Fit is a senior fitness program offered through Medicare and several health care providers that allows participating seniors the opportunity to have a free Friendship Center membership. Call 657-5635 (106) to see if you qualify!

DISCOUNT TICKETS

**TICKETS ARE SOLD AT
PARKS & RECREATION
AT THE FRIENDSHIP CENTER
MONDAY-FRIDAY, 8 A.M.-5 P.M.**

**CASH AND CHARGE ONLY
NO CHECKS!**

	PRICE	SAVINGS
◆ BEAR CREEK		
Weekend	\$49.00	\$8.00
◆ BIG BOULDER/JACK FROST		
Adult Weekday	\$33.00	\$7.00
Adult Weekend	\$40.00	\$8.00
Student (6-21 yrs.)	\$30.00	\$2-\$6
◆ BLUE MOUNTAIN		
Weekday Lift	\$35.00	\$17.00
Weekend/Holiday Lift	\$43.00	\$16.00
◆ CAMELBACK		
Anyday-Open-Close	\$39.00	\$5-\$16
◆ ELK MOUNTAIN		
Midweek	\$39.00	\$6.00
Weekend/Holiday	\$48.00	\$5.00
◆ ROUNDTOP/LIBERTY/WHITETAIL		
Weekday	\$35.00	\$8-\$10
Weekend/Holiday	\$47.00	\$6-\$10
Night	\$28.00	\$8.00
◆ SHAWNEE MOUNTAIN		
Weekend	\$38.00	\$12.00

Ski Tickets for the Winter 2008/2009 season will be available in the winter months. Tickets are sold at the Parks and Recreation Department at the Friendship Center between the hours of 8 a.m.-5 p.m., Mon.-Fri. only.

**INTERESTED IN ADVERTISING
IN THE PROGRAM GUIDE?**

**INTERESTED IN SPONSORING ONE
OF OUR MANY SPECIAL EVENTS?**

Call Lynn at 657-5635 (106)

RENTALS/MISCELLANEOUS



Special Party Package Rentals

***SPLASH & DASH** (1 hour each area)

Pool, Basketball Court, Party Room
\$216R/\$244NR/\$197M

***KID'S SWIM & INDOOR GYM** (1 hour each area)

Pool, Indoor Playground, Party Room
\$237R/\$260NR/\$215M

***STAY & PLAY** (1 hour each area)

Pool, Game Court, Party Room
\$200R/\$224NR/\$182M

Other popular party area rates (per hour):

Leisure Pool: \$124R/\$137NR/\$110M
Basketball Court: \$67R/\$74NR/\$56M
Classroom: \$47R/\$52NR/\$43M

***Packages not available Nov. 1-Mar. 31**

*Parties Book Fast
So Plan Ahead!*

Submit Your Request Early!

**Call 657-5635 for more information.
2 Week Advance Notice Required!**

**Perfect place for a Corporate Party!
Special rates available!**

(Available Sunday before 12 p.m. or after 6 p.m.)

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

**(Register Monday-Friday
between 8 a.m.-5 p.m.)**

Macy's Flower Show

Trip includes: transportation, maps and coupons.

Date: Saturday, March 28

Fee: \$83 per person (#9912)

Philadelphia Phillies Home Opener

Trip includes: transportation, game tickets and taxes. Seats in section 425 rows 5-8. Game time 8:05 p.m.

Date: Sunday, April 5

Fee: \$70 per person (#10290)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, April 18

Fee: \$55 per person (#9910 & #9911)

Mount Vernon and DC "Armed Forces Day"

Trip includes transportation, admission, guided tour, lunch at Mt. Vernon, DC Tour, Guide and taxes.

Date: Saturday, May 16

Fee: \$113 per person (#10292)

New York City Fireworks Cruise

Trip includes transportation, 4th of July Cruise (DJ and Dance 4 hours) taxes and gratuity.

Date: Saturday, July 4

Fee: \$163 per person (#10291)



FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals for residents of Dauphin County.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at no charge. Seniors do not need to be members of the Friendship Center or township residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY

8:30 a.m. - Aerobics (light)
8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
9:30 & 10:15 a.m. - Tai Chi
9-11:30 a.m. - Cards
1:00 p.m. - Beginning Line Dancing
2:00 p.m. - Intermediate Line Dancing

TUESDAY

8 a.m. - Peppi
8 a.m. - Blood Pressure (1st Tues.)
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking (indoor)
8 a.m.-2 p.m. Cards
9-11 a.m. - Group Crocheting & Crafts
12:30 p.m. - Cash Bingo
1-2 p.m. - Lap Swim (\$1.50)

WEDNESDAY

8 a.m. - Aerobics (light)
8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
10-11:30 a.m. - Cards (manipulation)
12:30 p.m. - Bridge Club
12:30 p.m. - Mah Jongg
2 p.m. - Tai Chi

THURSDAY

8 a.m. - Peppi
8:40 a.m. - Aquacise (\$2.00 cl.)
7-10 a.m. - Walking
1-2 p.m. - Lap Swim (\$1.50)
1 p.m. - Coin Club (1st Thurs.)
1:30 p.m. - Line Dancing

FRIDAY

8:30 a.m. - Lite Aerobics
11:45 a.m. - Aquacise (\$2.00 cl.)
12:30 p.m. - Bridge
12:30 p.m. - Knitting and Crocheting

Senior Van Service: Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

3 WAYS TO REGISTER . . .

■ **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.

■ **BY PHONE** — Call with your credit card (Visa or Master Card) registration, during operating hours at **657-5635**.

■ **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center on Monday, March 9, 2009 from 6 a.m.-10 p.m.
2. **Preschool** pre-registration for participants presently enrolled in the Winter session will be held Feb. 26-Mar. 5, 2009. You can only pre-register for the class your child is currently enrolled in. All others may register beginning at 8:00 a.m. on Tuesday, March 10, 2009.
3. Registration for **Aquatics** programs begins Thursday, March 12, 2009 at 6:00 a.m.
Registration for **all other programs and classes** begins Tuesday, March 17, 2009 at 6:00 a.m.
4. **Family Discounts:** First member pays full price, each additional member (up to 3) living in the same household who registers for the same class may receive a 10 % discount. No double discounting.
5. **Senior Citizen Discount:** 10% discounts on some programs for persons 60 years of age or over.
6. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found at any time before the trip date. If substitutes cannot be found, refunds can only be given up to four weeks before the trip date. Refunds take about 3 weeks for processing and are mailed to the original payer.
7. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
8. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
9. **Registration for a multi-session class is closed after the second meeting of the class.**

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
 Date(s) _____ Fee: RE _____ NR _____ M _____
 Name(s) _____
 Address _____
 City _____ Zip _____
 Home Phone _____ Work _____
 Township Resident? Yes/No Male/Female _____
 Friendship Center member? Yes/No
 Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:

Lower Paxton Township Parks and Recreation
 5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE

**Forms are processed at the end of the business day
 received, but not before registration date.**

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Monday, Mar. 9

Preschool Programs Tuesday, Mar. 10

Aquatics Programs Thursday, Mar. 12

All Other Programs Tuesday, Mar. 17

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

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5000 Commons Drive
Harrisburg, PA 17112

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